

## Understanding Peer Pressure

**Directions:** Read each statement below carefully. Circle the number in front of each *false* statement. On separate paper, explain why each false statement is incorrect. Then follow the directions in *Putting Strategies to Use*.

1. Peers are people who are older than you.
2. Peer pressure is always negative.
3. True friends do not ask each other to do anything that either one feels is wrong.
4. Teens are too young to be positive role models for others.
5. Not all role models are positive.
6. Pressuring others to do something wrong makes some people feel important.
7. One type of pressure is manipulation.
8. Manipulation is an acceptable way to try to influence someone.
9. When someone bullies you, there is nothing you can do about it.
10. Sometimes confidently telling a bully to stop will make the bully back down.
11. Asking an authority figure for help means you are weak.
12. There are many positive groups to join instead of joining a gang.
13. Sometimes it is hard to say no to those who are pressuring you, especially friends.
14. Giving in to negative peer pressure puts you in charge.
15. Going along with your peers will win you friends.
16. When you stand up for yourself, you should use appeasing phrases like “Could you ...?” or “Would it be possible to . . . ?”
17. An assertive response to peer pressure often brings respect from others.
18. Refusal skills do not work with someone who is being manipulative.
19. When you say no to someone, you should say it like you mean it.
20. As you become confident and respect yourself, most people will respect you more.

### Putting Strategies to Use

What have you learned in the chapter that you think could help you deal with peer pressure? On separate paper, list at least three strategies that you can apply to situations you are dealing with now or might in the future. Write down how you plan to use these strategies.

## Peer Pressure Threes

**Directions:** Write your responses about peer pressure in the spaces provided.

<b>1</b>	What are three ways for a role model to be a positive influence?	Give an example of each.
<b>2</b>	What are three general ways a peer might try to manipulate others?	Give an example of each.
<b>3</b>	What are three general ways people respond to negative peer pressure?	Give an example of each.
<b>4</b>	What are three options you have when using refusal skills?	Give an example of each.

## Positive or Negative?

**Directions:** Read each statement below and decide whether it describes positive peer pressure or negative peer pressure. Put a plus sign (+) in front of the statement if it describes positive peer pressure. Put a minus sign (-) in front of the statement if it describes negative peer pressure. Then follow the directions in *Peer Pressure Then and Now*.

- \_\_\_\_\_ 1. A friend wants you to sneak into an “R” rated movie.
- \_\_\_\_\_ 2. Your brother keeps on you to enter a story you wrote in a short story contest.
- \_\_\_\_\_ 3. Your cousin bugs you to join his skateboarding club.
- \_\_\_\_\_ 4. A friend asks you to help him get back at a neighbor who yelled at him.
- \_\_\_\_\_ 5. Your seatmate challenges you to study for a big math test.
- \_\_\_\_\_ 6. A peer says you do not know what you are talking about when you say alcohol is dangerous.
- \_\_\_\_\_ 7. A friend tells you she will never ask a favor again if you will lie just this once for her.
- \_\_\_\_\_ 8. You pressure your best friend to enter her experiment in a science fair.
- \_\_\_\_\_ 9. You are called a loser when you refuse to try a drug.
- \_\_\_\_\_ 10. A popular student in school tells you, “Everybody’s doing it.”
- \_\_\_\_\_ 11. You challenge a friend to eat fast food less often and make healthier food choices.
- \_\_\_\_\_ 12. A peer dares you to shoplift.
- \_\_\_\_\_ 13. You are called a coward when you refuse to participate in vandalizing your school.
- \_\_\_\_\_ 14. A friend wants you to sign a pledge with him to not drink, smoke, or use drugs.
- \_\_\_\_\_ 15. Your sister begs you to tell your parents she is studying with friends when she goes to meet her boyfriend.

### Peer Pressure Then and Now

Interview an adult about the peer pressures he or she faced when your age. How do the pressures compare with those *you* face? On separate paper, write how the pressures in past days are similar to yours today and how they are different.

## Examining Friendship

**Directions:** The following messages contain advice about building quality friendships. The letters given are clues to discovering the missing words. Fill in the blanks to complete the messages. Then follow the directions in *In Need of Friends*.

1. Accept your friends' w \_\_\_\_\_ s \_\_\_\_\_ e \_\_\_\_\_ as well as their strengths.
2. Be a friend that others can \_\_\_\_\_ n \_\_\_\_\_ d \_\_\_\_\_ on.
3. Be \_\_\_\_\_ y \_\_\_\_\_ l \_\_\_\_\_ to your friends.
4. Empathize with a friend by putting yourself in the other person's \_\_\_\_\_ a \_\_\_\_\_.
5. A(n) \_\_\_\_\_ n \_\_\_\_\_ face is a signal that you're willing to begin a friendship.
6. To find friends, start a(n) \_\_\_\_\_ o \_\_\_\_\_ v \_\_\_\_\_ e \_\_\_\_\_ \_\_\_\_\_ o \_\_\_\_\_.
7. Be a good \_\_\_\_\_ s \_\_\_\_\_ \_\_\_\_\_ e \_\_\_\_\_.
8. If you want a friendship to last, you must \_\_\_\_\_ \_\_\_\_\_ e \_\_\_\_\_ as well as take.
9. Avoid \_\_\_\_\_ \_\_\_\_\_ q \_\_\_\_\_ e \_\_\_\_\_ and other groups that treat others unfairly.
10. Remember that \_\_\_\_\_ o \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ r \_\_\_\_\_ friends can help you understand others.
11. Do not overlook responsible \_\_\_\_\_ \_\_\_\_\_ l \_\_\_\_\_ \_\_\_\_\_ as possible friends.
12. If you have to end a friendship, do so with \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ i \_\_\_\_\_ \_\_\_\_\_ v \_\_\_\_\_ \_\_\_\_\_.

### In Need of Friends

Suppose you notice someone at school who seems left out and lonely. This person is not included in any group that spends time together. Should you do something? Why or why not? How could you help? Write your ideas on separate paper.

# Friendship Quiz

**Directions:** Circle the letters of all items that correctly answer the question at the top of the box. Then follow the directions in *Friendship Advice*.

<b>1. What can you do to make new friends?</b>	<b>2. What are your responsibilities when you are out with a group of friends?</b>
<p>A. Be the first to extend an invitation.</p> <p>B. Have realistic expectations.</p> <p>C. Complain a lot.</p> <p>D. Practice starting conversations.</p> <p>E. Be possessive.</p> <p>F. Offer to help.</p> <p>G. Build a positive self-image.</p> <p>H. Try to be popular.</p>	<p>A. Act courteously in public places.</p> <p>B. Do not tell your family where you're going.</p> <p>C. Set standards and stick to them.</p> <p>D. Meet your friends on time.</p> <p>E. Go along with whatever the group wants.</p> <p>F. Treat others with respect.</p> <p>G. Leave public areas clean.</p> <p>H. Follow your family rules.</p>
<b>3. What are some characteristics of infatuation?</b>	<b>4. What are some ways to handle rejection?</b>
<p>A. Long lasting</p> <p>B. Strong emotions</p> <p>C. May be one-sided</p> <p>D. Mature love</p> <p>E. Idealizes the other person</p> <p>F. Always pleasant</p> <p>G. May involve someone unattainable</p> <p>H. Usually develops into true love</p>	<p>A. Do not be hard on yourself.</p> <p>B. Evaluate your own actions.</p> <p>C. Turn down a new offer of friendship.</p> <p>D. Discuss your feelings with someone.</p> <p>E. Appreciate yourself.</p> <p>F. Dwell on the loss of the friendship.</p> <p>G. Talk negatively about the other person.</p> <p>H. Look for other friends and activities.</p>

## Friendship Advice

Suppose there is a new student at your school. On separate paper, offer this person some advice for making new friends.

## How Does a True Friend Act?

**Directions:** The words in the chart are qualities of true friends. Read each scenario and write the scenario number to the left of the quality described. If the person is lacking the quality, use separate paper to explain how the person would act if he or she did possess that quality. Then follow the directions in *Types of Friendships*.

	<b>Empathy</b>		<b>Forgiveness</b>		<b>Loyalty</b>
	<b>Dependability</b>		<b>Respect</b>		<b>Caring</b>

- Missing Money** Jeff was accused of taking funds from an after-school organization where he worked. His friend Megan knew that Jeff would never steal and stood up for him to the director. Later, the director found out that someone else had taken the money, and he apologized to Jeff.
- Being There** Knowing that her friend Keisha had been going through some difficult times, Brynn told her that if she needed to talk about things, she would be there for her. Twice Keisha called to talk to Brynn, but Brynn did not return the phone calls.
- Alternate Idea** Enrico asked Damien to go to a party on Saturday, and Damien said he would think about it. When Enrico asked again, Damien said he really did not feel comfortable going. Enrico said that was fine and suggested doing something together the following weekend.
- Death of a Pet** Colleen was very upset when her family's dog died. Although Sasha, her friend, had never had a pet and did not know what it felt like to lose one, she tried to comfort Colleen by writing a touching poem about the dog and reading it to the family when they buried their pet.
- Change of Plans** Grace told Lauren that she would meet her at the mall after school. When Grace got home that day, her grandparents arrived unexpectedly from out of state and Grace forgot about the mall. She later explained and apologized to Lauren. Lauren did not talk to Grace for several days.
- Keeping a Secret** Shen told Tanner something and told him to keep it a secret. Tanner thought it was funny and shared it later with a couple of other friends in front of Shen, who was very embarrassed.

### Types of Friendships

Think about the different friendships you have. Are your friends mostly similar to you, or are some different in many ways? Are most of your friends about your age? Do you have younger or older friends? Do you have many acquaintances? On separate paper, characterize your friendships using these criteria.